

Important DelaWELL Reward Information

Complete These Simple Steps by May 31, 2012 and earn a DelaWELL Reward*

Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward

OR

Complete Steps 1 and 2 and 3 to earn the Gold Level: \$200 DelaWELL Reward

Step 1: Participate in a free DelaWELL Health Screening. Screenings will be offered from January 10-April 27, 2012 for individuals who have not yet attended a screening for the 2011-2012 DelaWELL Program Year. To register, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the links located on the left side of the screen for more information, which will show you a screening schedule and give you the option to sign-up for an appointment.

Step 2: Complete your confidential online Wellness Assessment for 2011-2012, by logging into the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

Step 3: Actively participate in a Health Coaching or Condition Care Program this program year and meet minimum participation requirements (See specific requirements in the “Program Descriptions” below). If you QUALIFY for a Health Coaching or Condition Care Program, you MUST complete either program to meet the Step 3 requirement and earn the \$200 DelaWELL Reward. ONLY those not eligible for Health Coaching or Condition Care can satisfy the Step 3 requirement by completing a 6-week online Healthy Living Program. To find out if you qualify for a Health Coaching or Condition Care Program or to enroll, call the Alere Helpdesk at (866) 674-9103 and speak with a nurse or visit the DelaWELL Health Portal.

SPECIAL NOTE FOR MEMBERS WHO CURRENTLY PARTICIPATE IN A DELAWELL HEALTH COACHING OR CONDITION CARE PROGRAM: To satisfy the Step 3 requirement and receive the activity point, you need to complete at least 8 interactions (i.e. phone call, email or online conversation with your coach) within 6 months of enrolling in your health coaching program. Condition Care is an ongoing program. You do not need to “re-enroll” in a Condition Care program – you just have to keep scheduled calls with your Alere nurse care manager.

Program Descriptions:

Health Coaching Programs allow you to work with your own confidential coach via scheduled phone calls, online or e-mail in any of these five key behaviors: Healthy weight maintenance, smoking cessation, physical activity, eating habits/nutrition and managing stress. **To meet the Step 3 requirement for Health Coaching, you must complete at least 8 interactions with your coach within 6 months of enrolling in your health coaching program.** Your Health Coach will validate program completion. Activity points are recorded monthly.

Condition Care Programs are specialized education and support programs offered to enrollees in the State’s medical plan who have been diagnosed or are receiving treatment for the following conditions: Asthma, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disorder, diabetes, osteoarthritis and back pain. **Activity**

points will be awarded to participants who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet the completion criteria. Activity points are recorded quarterly.

Online Healthy Living Programs are 6-week online tutorials on various topics that help you take important steps to reduce risk and improve health. **All members can participate in the Healthy Living Programs; however, ONLY those not eligible for Health Coaching or Condition Care can satisfy the Step 3 requirement by completing a Healthy Living Program.**

Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a FREE 3-month or 1-year YMCA Family Membership (Generously donated by the YMCA of Delaware). Names will be randomly selected by Alere.

**DelaWELL Reward amounts will be paid in July 2012. Learn more about the 2011-2012 DelaWELL Program by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Program Overview" link located on the left menu.*